

The background of the image shows the torsos of two individuals, a man and a woman, who are muscular and fit. They are standing with their hands on their hips. A semi-transparent blue rectangular overlay covers the central portion of the image, serving as a background for the text.

# YOUR GUIDE TO A HEALTHY WEIGHT

)i(TLS™



# WHAT ARE YOUR GOALS?

- Why do you want to manage your weight?
- What is your ideal weight?
- How will your life be different when you achieve your ideal weight?



# WHAT ARE YOUR STRUGGLES?

## Why do you struggle with weight?

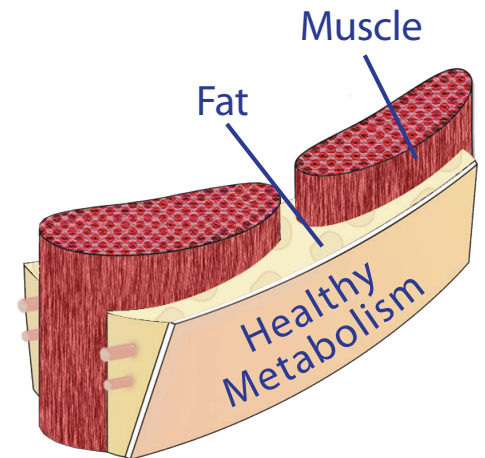
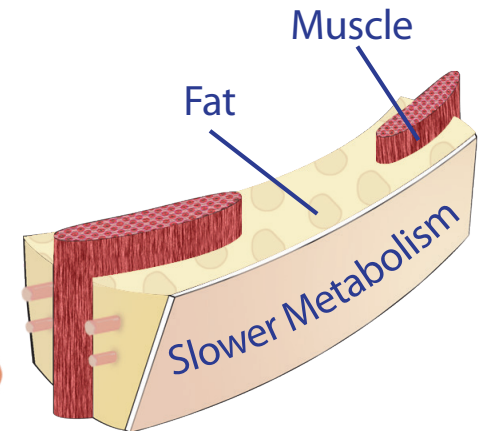
- ☐ Too much to do for everyone else
- ☐ I don't have time to exercise
- ☐ I don't like to cook
- ☐ I spend a lot of time at work
- ☐ I've tried to diet, but nothing has worked/I've fallen off the wagon
- ☐ I make poor food choices
- ☐ I eat too much, too often
- ☐ Other: \_\_\_\_\_





# WEIGHT MANAGEMENT ISN'T UNIVERSAL

- There's no one-size-fits-all plan for weight management. What's right for someone else isn't always right for you.
- Many commercial weight management programmes place an emphasis on what to eat, not how to eat.
- Many programmes focus on weight management, rather than actual fat loss. True health and fitness is the result of an optimised ratio of muscle to fat.



The saying goes, “Muscle dictates metabolism.” The less muscle you have, the slower your metabolism. The more you have, the stronger your metabolism.



# WHAT IS THE TLS™ SOLUTION?

## Four Components

### Low-Glycaemic-Impact Eating

- It's about eating right, not eating less.

### Body Composition

- Focusing on fat loss instead of weight loss.

### Science-Based Supplementation

- Working with your body to enhance weight management efforts.

### Education

- Being aware and changing unhealthy behaviours for life.



# LOW-GLYCAEMIC EATING

## WHY LOW-GLYCAEMIC IMPACT?

Leading a low-glycaemic-impact (GI) lifestyle doesn't have to be complicated. Here's a quick intro on how the GI of foods affects your metabolism and helps you burn fat.

▲  
THIS IS YOUR  
FAT-BURNING  
**ZONE**  
.....  
IDEAL FOR  
.....  
**WEIGHT**  
MANAGEMENT  
▼



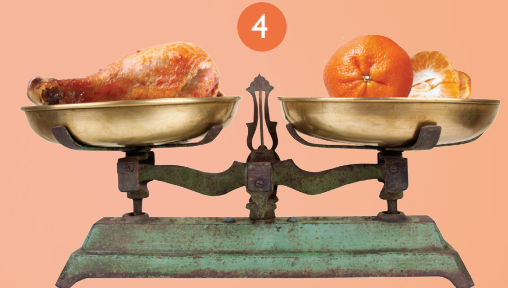
High-GI foods spike your blood sugar, causing you to leave the fat-burning zone...



and lead to a crash, sapping your energy.



Eating low- and medium-GI foods keeps you here.



A balanced diet of low- and medium-GI foods gets you back on track to  
**FIND YOUR FIT.**

 **iTLS™** WEIGHT  
MANAGEMENT  
SOLUTION



# WHAT ARE YOUR OPTIONS?

TLS™ Weight Management Solution is the most customisable weight management programme available today.

Finding a solution that fits your lifestyle has never been easier.



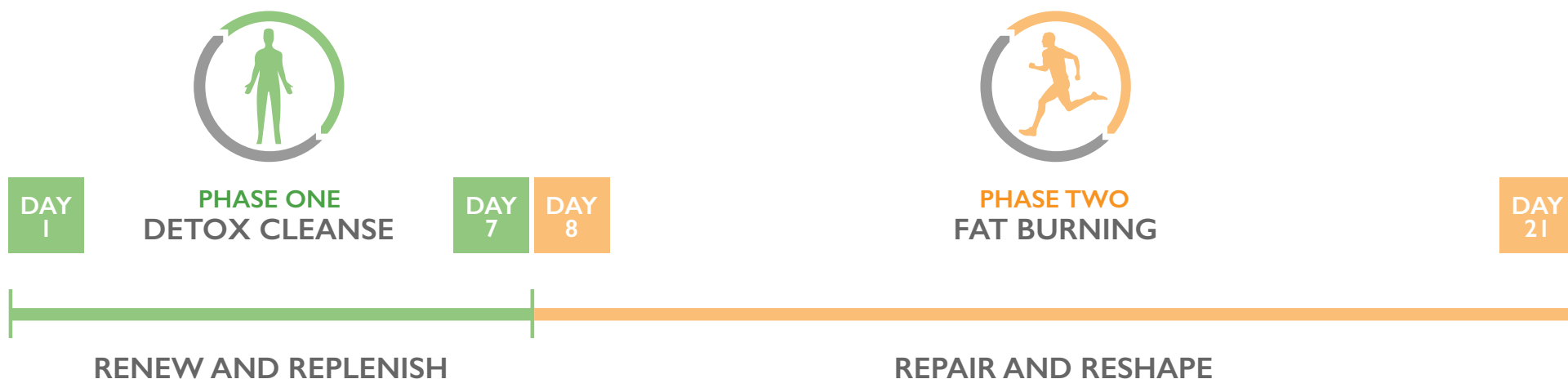
These products are not intended to diagnose, treat, cure or prevent any disease.



# TLS™ 21-DAY CHALLENGE

## Why it's for you:

You're looking for a healthy way to take control of your weight, fast. You're committed to staying focused and following a regimented plan. You want to focus on flushing your body of toxins, curbing your unhealthy cravings and obtaining optimal body composition.



## Results to expect:

The seven-day detox cleanse, Phase 1, will purge the body of toxins and prepare it for Phase 2, fat-burning. After Phase 2, you will ultimately feel better, both physically and emotionally.

Consult your physician or other healthcare professional before starting this or any other exercise programme. If you experience faintness, lightheadedness, dizziness, pain or shortness of breath at any time while exercising, you should stop immediately and consult your physician or other healthcare professional. Do not start this programme if your physician or healthcare professional advises against it.



# TLS™ 21-DAY CHALLENGE

## What you'll do:

### PHASE 1

Follow a strict meal plan:

- ½ lemon in 1 cup warm water
- At least 8 glasses of water (8 oz. each) per day
- Up to 3 servings of fruit each day
- Unlimited vegetable servings
- 2 servings of protein each day
- 2 servings of good fats each day
- No grains, starches, dairy, sugars, artificial sweeteners, alcohol or caffeinated beverages (coffee, soda)
- Avoid strenuous exercise; enjoy gentle stretches or yoga
- Take TLS supplements, as directed

### PHASE 2

Follow a strict meal plan:

- At least 8 glasses of water (8 oz. each) per day
- 8-12 servings of vegetables each day
- 1 TLS Nutrition Shake each day
- 3-4 servings of protein each day
- 2 servings of good fats each day
- 1 serving of fruit
- No dairy
- For overall cardiovascular health, the American Heart Association recommends at least 30 minutes of moderate-intensity aerobic activity at least 5 days per week.\*
- Take TLS supplements, as directed

## TLS 21-DAY CHALLENGE BOOKLET



## 3-WEEK PROGRAMME

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\*[http://www.heart.org?HEARTORG/GettingHealthy/PhysicalActivity/FitnessBasics/American-Heart-Association-Recommendations-for-Physical-Activity-in-Adults\\_UCM\\_307976\\_Article.jsp](http://www.heart.org?HEARTORG/GettingHealthy/PhysicalActivity/FitnessBasics/American-Heart-Association-Recommendations-for-Physical-Activity-in-Adults_UCM_307976_Article.jsp)

# DETOX

## Why it's for you:

For first-time TLS™ participants, this four- to seven-day detox prepares the body for the TLS programme; for those who experience a plateau, it helps **kick-start weight management efforts**.

## Results to expect:

Varies by individual; the seven-day plan purges the body of toxins, resulting in reduced energy in the first few days, followed by an increase later in the week.

## What you'll do:

- Remove unhealthy foods (“junk food”) from the house
- Follow a strict meal plan:
  - 3 servings of fruit each day
  - As many raw vegetables as you want
  - At least 8 glasses of water (8 oz. each) per day
  - 2 servings of protein each day
  - 2 servings of good fats each day
  - Eliminate all grains and starches, sugars and artificial sweeteners, dairy, alcohol and caffeine (coffee, soda)

## TLS MENU PLANS



### 7 DAY DETOX

#### FRUIT AND VEGETABLE CLEANSE

#### Why It's For You:

You're looking for a kick-start and want to receive the maximum benefit from TLS Weight Management Solution. Whether this is your first time participating in TLS or you're stuck in a plateau, this 4-7 day detox will curb your appetite for sweet, salty and fatty foods while supporting your weight management efforts.

#### A Day On Detox:

Below is an example of some of the foods you will eat. Drink at least 8 glasses (8 oz.) of water daily and supplement based on your weight management goals.





**BREAKFAST:** WARM LEMON WATER AND GREENS-ON-THE-GO



**AM SNACK:** SPICY GAZPACHO



**LUNCH:** STRAWBERRY SALAD



**PM SNACK:** VEGETABLE MEDELY



**DINNER:** SPICY CARROT SOUP



**SNACK (OPTIONAL):** VANILLA BANANA CREAM



**TLS™ CORE Fat & Carb Inhibitor:**

- May help to promote appetite suppression
- Helps inhibit carbohydrate absorption in the body
- May promote a feeling of fullness
- May help to reduce fat stores in the body

**Curcumin Extreme™:**

- Supports normal liver detoxification activity
- Helps maintain healthy glutathione levels

**NutriClean™ Advanced Fibre Powder**

- Helps maintain bowel regularity
- Supports digestive health

## 7-DAY CLEANSE

Consult your physician or other healthcare professional before starting this or any other exercise programme. If you experience faintness, lightheadedness, dizziness, pain or shortness of breath at any time while exercising, you should stop immediately and consult your physician or other healthcare professional. Do not start this programme if your physician or healthcare professional advises against it.



# FAT BURNING

## Why it's for you:

For those who are extremely committed to achieving short-term weight management goals, the Fat Burning programme is a high-intensity, two-week weight management regimen. Through a focused food guide, a quick, but intense workout plan and use of TLS™ supplements, you'll burn fat, add muscle and feel better, physically and emotionally, knowing you can do anything you set your mind to doing.

## What you'll do:

- Follow a strict meal plan with each day consisting of:
  - 8-12 servings of vegetables
  - 3 TLS Nutrition Shakes
  - 3-4 servings of protein
  - 2 servings of good fats
  - 1 serving of fruit
- Take TLS supplements, as directed

## TLS MENU PLANS



### 14-DAY FAT BURNING

#### Why It's For You:

You're extremely committed to achieving weight management goals through a high-intensity programme. You'll shed fat and feel better, physically and emotionally, knowing you can do anything to which you set your mind.



#### A Day on Fat Burning :

Below is an example of some of the foods you can eat. Drink at least eight glasses (8 oz) of water daily and supplement based on your weight management goals.



**BREAKFAST:**  
VEGGIE OMELETTE



**AM SNACK:**  
MINT CHOCOLATE SHAKE



**LUNCH:** MIXED VEGETABLE  
CHICKEN SALAD



**PM SNACK:** STRAWBERRY &  
SPINACH SHAKE



**DINNER:**  
SAUTE SALMON



**POST WORKOUT:**  
TLS™ NUTRITION SHAKE



**TLS Tonalin™ CLA:**

- Assists in promoting lean muscle mass
- Effects are enhanced with exercise
- Supports the utilisation of body fat as fuel

**TLS™ Nutrition Shake:**

- Good source of fibre, protein and calcium
- Provides over 1/2 of the recommended daily value of 22 different vitamins and minerals
- Contains no trans fat

**TLS™ CORE Fat & Carb Inhibitor:**

- May help to promote appetite suppression
- Helps inhibit carbohydrate absorption in the body
- May help to reduce fat stored in the body

**TLS™ Green Coffee Plus Garcinia Cambogia:**

- Decaffeinated
- Promotes better weight management by helping the body burn fat
- Promotes a healthy body fat while preserving muscle tissue

Tonalin CLA is an exclusively licensed product of BASF Personal Care and Nutrition GmbH.

## 2-WEEK PROGRAMME

Consult your physician or other healthcare professional before starting this or any other exercise programme. If you experience faintness, lightheadedness, dizziness, pain or shortness of breath at any time while exercising, you should stop immediately and consult your physician or other healthcare professional. Do not start this programme if your physician or healthcare professional advises against it.

# RAPID RESULTS

## Why it's for you:

You're motivated, dedicated and committed to do what it takes to reach your weight management goals. You're ready to break unhealthy habits.

## What you'll do:

- Follow a strict low-glycaemic menu plan, with each day consisting of:
  - 4-5 servings of protein
  - 6-12 servings of vegetables
  - 1-2 servings of dairy
  - No grains or starches
  - 2 servings of good fats
  - 2 servings of fruit
- Exercise (4-5 days per week)
- Take TLS™ supplements, as directed

## TLS MENU PLANS



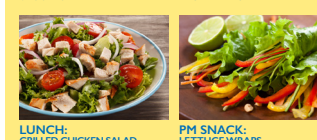
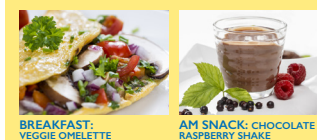
# RAPID RESULTS

### Why It's For You:

You're motivated, dedicated and committed to doing whatever it takes to reach your weight management goals. Get ready to break unhealthy habits.

### A Day on Rapid Results:

Below is an example of some of the foods you can eat. Supplement based on your weight management goals.



#### TLS Tonalin™ CLA:

- Assists in promoting lean muscle mass
- Effects are enhanced with exercise
- Supports the utilisation of body fat as fuel

#### TLS™ Nutrition Shake:

- Good source of fibre, protein and calcium
- Provides over 1/3 of the recommended daily value of 22 different vitamins and minerals
- Contains no trans fat

#### TLS™ CORE Fat & Carb Inhibitor:

- May help to promote appetite suppression
- Helps inhibit carbohydrate absorption in the body
- May help to reduce fat stored in the body

#### TLS™ Green Coffee Plus Garcinia Cambogia:

- Decaffeinated
- Promotes better weight management by helping the body burn fat
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# SURE & STEADY

## Why it's for you:

Some people don't dive right into the water; they ease their way in. The Sure & Steady plan helps those individuals looking to make gradual changes to their lifestyle, one day at a time. Throughout this 12-week programme, you'll see that even small changes to your diet, regular exercise and support from TLS™ supplements can help achieve a healthier you.

## What you'll do:

- 5-6 servings of protein
- 6-12 servings of vegetables
- 2 servings of dairy
- 1-2 servings of starches
- 2 servings of good fats
- 1 serving of whole grains
- 3 servings of fruit
- Exercise (3-5 days per week)
- Take TLS supplements, as directed

## TLS MENU PLANS



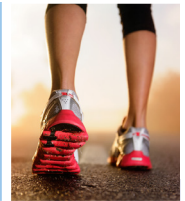
# SURE & STEADY

### Why It's For You:

You're looking to make gradual changes to your lifestyle and reach your goal weight, one day at a time. With the TLS™ Sure & Steady programme, it's not if you'll hit your goal; but when.

### A Day on Sure & Steady:

Below is an example of some of the foods you can eat. Supplement based on your weight management goals.



BREAKFAST: POACHED EGG WITH ASSORTED VEGETABLES



AM SNACK: VEGETABLE STICKS



LUNCH: GRILLED CHICKEN BREAST WITH QUINOA SALAD



PM SNACK: GO GREEN SHAKE



DINNER: GRILLED BEEF WITH ASSORTED VEGETABLES



WATER: EIGHTY (8 OZ) GLASSES DAILY



#### TLS Tonalin™ CLA:

- Assists in promoting lean muscle mass
- Effects are enhanced with exercise
- Supports the utilisation of body fat as fuel

#### TLS™ Nutrition Shake:

- Good source of fibre, protein and calcium
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# CONTINUED COMMITMENT

## Why it's for you:

You're at a healthy weight and are looking to maintain a healthy lifestyle. You want to focus on maintaining optimal body composition but are looking for a plan with flexibility, allowing the occasional indulgence.

## What you'll do:

- Follow a balanced and healthy menu plan, with each day consisting of:
  - 5-6 servings of protein
  - 6-12 servings of vegetables
  - 2 servings of dairy
  - 1-2 servings of starches
  - 2 servings of good fats
  - 2 servings of whole grains
  - 3 servings of fruit
- Exercise (3-6 days per week)
- Continue use of TLS™ supplements, as needed

## TLS MENU PLANS



# CONTINUED COMMITMENT

A GUIDE TO HEALTHY, EVERYDAY LIVING AT YOUR TARGET WEIGHT

### Why It's For You:

You're at a healthy weight and are looking to maintain a healthy lifestyle. You want to focus on maintaining optimal body composition but are looking for a plan with flexibility, allowing the occasional indulgence.



### A Day on Continued Commitment:

Below is an example of some of the foods you can eat.

 <p><b>BREAKFAST:</b> EGG SCRAMBLE</p>	 <p><b>AM SNACK:</b> CHOCOLATE COCONUT SHAKE</p>
 <p><b>LUNCH:</b> STIR FRIED CHICKEN WITH ASSORTED VEGETABLES</p>	 <p><b>PM SNACK:</b> APPLE WEDGES</p>
 <p><b>DINNER:</b> BAKED PORK CHOPS WITH APPLE TOPPING</p>	 <p><b>WATER:</b> EIGHT (8 OZ.) GLASSES DAILY</p>



**TLS Tonalin™ CLA:**

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- Effects are enhanced with exercise
- Supports the utilisation of body fat as fuel

**TLS™ Nutrition Shake:**

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# TLS™ SUPPLEMENTS



## OVEREATING?

**Tame your hunger with TLS CORE Fat & Carb Inhibitor.**

- TLS CORE helps promote appetite suppression with the help of LeptiCore™, a natural ingredient with the demonstrated ability to support weight management.
- TLS CORE helps inhibit carbohydrate absorption in the body and may help to reduce fat stores in the body.



## BURNING FAT?

**Accelerate fat burning with TLS Green Coffee plus Garcinia Cambogia.**

- TLS Green Coffee plus Garcinia Cambogia promotes a healthy body fat while preserving muscle tissue and may help to inhibit the conversion of sugar into fat when used as part of the TLS System.
- TLS Green Coffee plus Garcinia Cambogia uses Svetol® Green Coffee Extract, a well-researched brand of green coffee bean extract.

These products are not intended to diagnose, treat, cure or prevent any disease.  
Svetol is a registered trademark of Naturex, Inc.



# TLS™ SUPPLEMENTS



## TONING UP?

**Slim down with TLS Tonalin™ CLA (Conjugated Linoleic Acid).**

- TLS Tonalin CLA contains natural ingredients to help redistribute fat to fat-burning muscle tissue, promoting lean muscle mass and body fat loss.
- A great supplement while on an exercise plan, TLS Tonalin CLA will help your body support the utilisation of body fat as fuel and help promote lean muscle mass.



## NEED MORE PROTEIN AND FIBRE?

**TLS Nutrition Shakes — Creamy Vanilla and Chocolate Delight**

- TLS Nutrition Shakes are formulated to deliver a great source of protein, fibre and calcium.
- Provides over one-third of the recommended daily value of 22 different vitamins and minerals in each serving.



These products are not intended to diagnose, treat, cure or prevent any disease.

# TLS™ SUPPLEMENTS

## REVEAL A NEW YOU IN JUST 21 DAYS!

### TLS 21-Day Challenge Kit

Includes: NutriClean™ Advanced Fibre Powder

TLS CORE Fat & Carb Inhibitor

TLS Nutrition Shakes —

Chocolate Delight and Creamy Vanilla

Curcumin Extreme™

TLS 21-Day Pin

TLS Tracking Sheet

TLS 21-Day Challenge Booklet

TLS Shaker Bottle



- Simple, short-term weight management programme
- No counting points or calories
- Incredible results
- Step-by-step guide for maximum fat burning

These products are not intended to diagnose, treat, cure or prevent any disease.



# TLS™ TOOLS

## *TLS Health Guide & Journal*

The first step in securing your commitment to TLS, the *Health Guide & Journal* is designed to take you day by day through your first 12 weeks of the programme, helping instill behaviours and techniques to help you stay healthy, feel great and manage weight.

*Download the TLS Health Guide at [sg.tlsSlim.com](http://sg.tlsSlim.com).*

## [sg.tlsSlim.com](http://sg.tlsSlim.com)

Our cutting-edge website offers personalised weight management plans and supplement recommendations, weight management profiles, BMI and body fat calculators, TLS success stories, printable grocery lists, online parties, TLS downloads and so much more!



# Are You Ready?

You have taken the first step in getting healthy by finding TLS™. But your story doesn't end here. TLS Weight Management Solution begins now! It's time to live the life you were meant to!

FIND YOUR FIT

